

The Race-Weight Project (RWP)

4-8 Weeks

You are balancing your ideal blood glucose by minimising dietary blood sugar spikes and satisfying your hunger on the lowest volume of calories. The result will have you favouring stored fat as your dominant energy source – opposed to blood and stored sugar.

This regimented program requires a commitment beyond a typical lifestyle. It demands purposeful motivation.

Conclusive data proves practising the RWP will leave you at your lowest yet healthiest body/fat/ lean muscle ratio.

This program is not for everyone.

The 10 Key RWP Features.

1. Lowering simple & starchy carbohydrates,
2. Lowering typical meal caloric value,
3. Satisfying hunger with RWP Satiating choices,
 4. Increasing lean protein,
5. Starting & Finishing the day with Acetyl-L-Carnitine,
 6. Avoiding beer and refined sugar,
7. Practicing aerobic training (7/10) at your 60-70% int, mostly,
 8. Performing strength-training 4/7,
 9. Using the scoreboard,
10. Re-testing your HbA1c/ Triglycerides ratio.

WHAT

- Follow the listed **Nutrition and Movement Plan**.
- Confirm your **Weekly (Scoreboard) Commitment** via a text – 0412 487 034.

HOW

- Choose your meals from the list, shop & prepare, and employ the '**Hunger**' Rule.
- Schedule your most-fitting exercise, and employ the '**Intensity**' Rule.

WHY

- Establish your foremost fat-burning metabolism.
- Establish your healthiest and lowest sub-cutaneous body fat/ lean muscle ratio.

PRINCIPLES

Do not expect elaborate Chef-like meals.

Please concede a wide culinary variety for this project (4-8 Weeks).

Could this meal plan be considered somewhat dull? Yes! Again, this project appeals to those with robust and purposeful motivation.

There is no listing what NOT TO EAT, just what TO EAT.

- Food ownership: choose your meals, shop, prepare, consume, enjoy!
- Ideally, you are preparing most of your meals.
- The meals are deliberately simple.
- Plan to prepare (and perhaps contain) your lunch meal, mostly.
- While minor meal tinkering is likely, for the most part, please stick to the meal list.
- With significant meal changes, please feel free to consult with Brad Pamp.
- The RWP is (ideally) Dry! Should you need to drink, consider; red wine and vodka/soda.

THE HUNGER/VOLUME LAW

The listed meal volume and caloric values are typical of a 'normal' appetite. However, it is likely meal portion sizes have increased over the past 50 years. This increase has changed appetites into believing more food (calories) are necessary.

Males

- Start with the listed meal caloric value, after employing pre-meal hydration.
- Eat slowly, spending the time to chew your food properly.
- Continue to drink, water, coffee/tea as you go.
- Employ the 'appetite satisfaction' grazing strategies.
- Brush your teeth immediately after your evening meal.
- If you reach satiation (hunger satisfaction) with still 1/3 of your meal, you're done! Pack & Rack.
- However, if you can't reach the next meal free of hunger pangs, reconsider tomorrow's meal volume (e.g. adding cals), and or refer to appetite grazing choices.

Females

- *Historically, woman can satisfy their hunger by reducing the listed portion size by 25%.*
- *Again, assess your hunger pangs. If you are left hungry or fall hungry before your typical mealtime, consider increasing your portion size or appetite satiation strats.*

THE HUNGER SATIATING LAWS

- *Employ the essential RWP hunger satiating strategies – listed in the Meal Choices Section below – consumed, ideally, between lunch & dinner.*
- *Pre-meal salted water (ideally gassed).*
- *Post-meal (breakfast & dinner) Acetyl-l- carnitine/ Ginger/ Lemon drink.*
- *Post Dinner Herb Tea cleanser choice.*

THE SOCIAL GATHERING

You will likely encounter a meal (and exercise) challenges.

Here are a few suggestions:

- *Fill up and satisfy your hunger reflex by pre-eating your self-prepared meal before the exposure to an eat-out meal.*
- *Consider a grazing choice immediately before the social gathering.*
- *Choose fish & steamed veggies where possible is eating out.*
- *Sit on one alcoholic drink.*
- *Avoid bread and sweets.*

MEAL CHOICES

Breakfast Choices Prep time: 4-8 minutes.		Time of Day (typically): After your morning exercise.
B1 Egg & Av	B2 Bacon & Eggs	B3 Cottage Salmon
<p>Pre-meal: A small glass of water (lightly gassed is typically better) – plus a tiny pinch of Pink Himalayan salt.</p> <ul style="list-style-type: none"> • 1 Slice of Wholemeal Seeded Toast. • 1/3 Avocado. • Tbspn Feta. • 4 Chopped Baby Tomatoes. • 1 Fried Egg fried in a dash of Coconut Oil. • A Dash of Sea Salt & Pepper. • Fresh lemon. • Chopped basil/ and or, you are welcome to add spicy herbs like chilli flakes (to taste and tolerance). • Coffee (Either; Black, ½ 'normal' milk, or semi Bullet-Proof; Shot, boiling water, dash (only) full cream, ground cinnamon. <p>Ginger/Lemon Drink with Acetyl-I-carnitine. *Chop fresh ginger (golf ball volume), slice of lemon, tiny pinch of pink Himalayan salt, leaving in 500gr boiling water, cooling, refrigerating. Prepare each night. Add tspn of Acetyl I carnitine and stir.</p> <p>Drink slowly through to lunchtime.</p>	<p>Pre-meal: A small glass of water (lightly gassed is typically better) – plus a tiny pinch of Pink Himalayan salt.</p> <ul style="list-style-type: none"> • Palm-size, only, Bacon, cutting off the fat, and chopping fittingly before frying in a non-stick pan. • Add 2/3 cup of (defrosted) Frozen Egg Whites. Leave packet in the fridge and use over the week. • Scrambling, as normal. • Adding finely chopped Coriander, Salt & Pepper. • Consider serving on one slice of Wholemeal Seeded Toast, or serve bowled. • Coffee (Either; Black, ½ 'normal' milk, or semi Bullet-Proof; Shot, boiling water, dash (only) full cream, ground cinnamon. <p>Ginger/Lemon Drink with Acetyl-I-carnitine. *Chop fresh ginger (golf ball volume), slice of lemon, tiny pinch of pink Himalayan salt, leaving in 500gr boiling water, cooling, refrigerating. Prepare each night. Add tspn of Acetyl I carnitine and stir.</p> <p>FYI – In the event your pipes present adapting challenges, please consider adding some (good) fibre heavy: 1 Tspn Psyllium Husk to your Ginger/Lemon Drink.</p>	<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Pink Himalayan salt.</p> <ul style="list-style-type: none"> • 1 Slice of Wholemeal Seeded Toast. • A light spread of lite Cottage Cheese. • 70 gms Smoked Salmon. • 1/3 Avocado. • Chopped shallots. • Tbsp Slivered Almonds (pan-fried to browned). • Salt & Pepper. • Consider a lite drizzle of Olive Oil. • Coffee (the least milk the better), Black or Green Tea. • A dash of milk if desired – zip sugar of sugar replacement. • Consider a lite drizzle of Olive Oil. • Coffee (Either; Black, ½ 'normal' milk, or semi Bullet-Proof; Shot, boiling water, dash (only) full cream, ground cinnamon. <p>Ginger/Lemon Drink with Acetyl-I-carnitine. *Chop fresh ginger (golf ball volume), slice of lemon, tiny pinch of pink Himalayan salt, leaving in 500gr boiling water, cooling, refrigerating. Prepare each night. Add tspn of Acetyl I carnitine and stir.</p>
Lunch Choices		Time of Day: 12-2 pm

Choose your lean protein source, following the listed volume, and match with either a garden or vegetable salad – adding seeds & nuts along with a Lemon/ Olive Oil based dressing. Change up the salad complement as you please.

L1 Chicken Salad	L2 Beef Salad	L3 Tuna or Salmon & Veggies
<ul style="list-style-type: none"> • Pre-cooked and contained 100 grams (palm size) of chicken breast pan-fried in a little Coconut Oil. • Pre-prepared and contained fresh garden salad, including green leaf of choice, seeds like; sunflower seeds, a few nuts like; slivered almonds, walnuts; salad adds like: cucumber, chick peas, avocado, capsicum, carrot, celery and adding a dash of sea salt. • Pre-make and contain a dressing, something like; lemon and olive oil (and perhaps garlic). • Re-heat the chicken and add to your salad, adding the dressing. • The salad volume is to your appetite – it's your call. Eat to satisfy your appetite. 	<ul style="list-style-type: none"> • Pre-cooked and contained 100 grams of beef (cut into strips) and pan-fried in a little Coconut Oil. • Pre-cooked and contained 1/3 palm size of haloumi. • Pre-prepared and contained a fresh garden salad including green leaf of choice, cucumber, avocado, capsicum, and adding a dash of sea salt. • Make and contain a lemon, minced garlic, and olive oil dressing. • Re-heat the beef and haloumi and add to your salad. • The salad volume is to appetite – it's your call. 	<ul style="list-style-type: none"> • 95-140 gms tinned tuna (in brine or olive oil) or salmon (pink or red). • Pre-cooked and contained veggies: broccoli, cauliflower, carrots, squash, etc (even a little potato, sweet potato or pumpkin is good). • **Avoid corn. • Veggie volume to your appetite satisfaction. • Re-heat the veggies and add a tbspn of butter (yep, the real thing), adding a little salt'n' pepper, and lemon to taste. • Adding and mixing your drained fish of choice.

Dinner Choices

Time of Day: After Evening Training

D1 Protein Choice & Veggies	D2 Fulfilling Veggies	D3 Omelette
<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p> <ul style="list-style-type: none"> • Palm size; Pork, Lamb, Beef, Fish of choice. • Any garden veggie of choice; e.g broccoli, broccolini, Egg plant, cauliflower; steamed, adding butter, salt, lemon, garlic, herbs etc. 	<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p> <ul style="list-style-type: none"> • Microwave (90 seconds) a large handful of mixed green beans. • Add green beans to frying pan, adding a gold ball of real butter, sea salt, and minced garlic. • Add 1 1/2 cup of chopped mushrooms, again, adding 	<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p> <ul style="list-style-type: none"> • 2 Egg Omelette; eg: full cream, salt and pepper, shallots or onion, avocado etc, to your choice. • Brush your teeth immediately after your meal.

<ul style="list-style-type: none"> • Cook protein choice with diced onion in coconut oil (just a little) & sea salt. • Brush your teeth immediately after your meal. • Complete your culinary day with either peppermint, green, or camomile tea – and feel free to add your acetylcarnitine. However, it will change the taste. Carnitine is a sour taste (unpleasant for most) – adding to a juice is best, eg, pineapple. 	<p>another dash of sea salt to taste.</p> <ul style="list-style-type: none"> • Add ¼ cup of mixed nuts; cashews, walnuts, macadamias – no peanuts. • Add, chopped capsicum (lots) and pre-cooked haloumi (1/3 palm). • Brush your teeth immediately after your meal. • Complete your culinary day with either peppermint, green, or camomile tea – and feel free to add your acetylcarnitine. However, it will change the taste. Carnitine is a sour taste (unpleasant for most) – adding to a juice is best, eg, pineapple. 	<ul style="list-style-type: none"> • Complete your culinary day with either peppermint, green, or camomile tea – and feel free to add your acetylcarnitine. However, it will change the taste. Carnitine is a sour taste (unpleasant for most) – adding to a juice is best, eg, pineapple. • .
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RWP Grazing Choices

Time of Day:

Grazed in smaller volume between lunch & dinner meals.

The RWP is designed to lower your evening appetite. To leave you well-satisfied on a lower caloric value later in your day. If it is you are not hungry between 12-6 pm and you reach your evening meal free from hunger pangs, or hungry after your evening meal, do not favour a grazing choice. Your breakfast and lunch are hitting the 'hunger' spot.

RWP Graze Choices 1	RWP Graze Choices 2	RWP Graze Choices 3
<ul style="list-style-type: none"> • Gassed water with a pinch of Himalayan pink salt. • Black coffee • Bullet-Proof Coffee (either using real butter or full cream). 	<ul style="list-style-type: none"> • Hummos with Jalapenos – Carrots & Celery • ½ Cup Sunflower seeds • Boiled (and cooled) Eggs/ Pepper. 	<ul style="list-style-type: none"> • ½ Cup Natural yogurt + walnuts, Almonds, Chia seeds & Ground cinnamon. • 1/ 2 Cup Cooking Oats, microwaved adding blueberries, strawberries & ground cinnamon.

As listed Shopping list – please add your personal choices.

Pink Himalyan Salt Olive Oil Wholemeal Seeded Bread Coconut Oil Psyllium Husk Ground Cinnamon	Frozen Egg Whites Lite Sour Cream Butter - real Eggs Lite Cottage Cheese Hummus – Chick peas Blackberries	Lemon Avocado Baby Tomatoes Almonds Walnuts Macadamias	Chicken breast Beef Lamb Salmon Tinned Tuna and Salmon Pork	Acetyl-l-carnitine.
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Salt & Pepper Slivered Almonds Sunflower Seeds Coffee Tea – Black, Green, Herbal choice Milk - full	Blueberries Strawberries	Cheddar, Tasty Cheese Carrots Capsicum Green bean Mushrooms Onion Squash Sweet potato Broccoli Cauliflower Pumpkin Cumcumber Celery Apple Pear Green leaf – Choice Garlic – jarred Basil Shallots	Bacon Smoked Salmon	
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You may experience.

Experience	Solution
A lower breakfast appetite	<ul style="list-style-type: none"> • Practice eating at a consistent (breakfast) time. • Eat, even if you don't feel like eating – you are positioning your appetite for the entire day. You are limiting the interest towards binge eating (particularly with increased lifestyle stressed), Reduce the volume if you must.
Craving something sweet	<ul style="list-style-type: none"> • Try Blackberries, Strawberries, Blueberries and a little cream/ ground cinnamon. • Go for a walk. • You're typically thirsty, not hungry in need of calories. Drink water with a dash of pink salt.
You are constipated	<ul style="list-style-type: none"> • Increase water and psyllium husk.
Menu boredom	<ul style="list-style-type: none"> • I get it, it isn't easy and could be considered boring. It is critical towards your goal you comply from the menu for this program. Gotta want it! • Please find the motivation towards the project commitment, and contact BP.

TRAINING

AEROBIC ACTIVITY

Movement Choices – Running, Riding, Surfing, X-Trainer, Tennis, etc.		Time of Day: Morning & Night Diarise your commitment.
		**Before morning exercise: I recommend trialling a coffee or tea, 15 minutes before exercise. Black is the best.
Frequency	Intensity	Time
<p>7 x 30 – 45 minute sessions per week.</p> <p>Be sure to include at least 2/7 running sessions.</p> <p>A surf, hit of tennis, and a spin session is considered a session.</p>	<p>***Mostly, easy, conversational aerobic effort.</p> <p>If you want to punch over and beyond your aerobic threshold;</p> <ol style="list-style-type: none"> 1. 1/7, max 2/7 2. Keep sessions under 30 mins 3. Perform earlier in the day. 4. Eat immediately after the session 5. Consume one banana and a tbsn of honey. 6. Again, immediately after a smash-up session. 	<p>30 -45 minutes.</p> <p>E.g A surf will typically extend beyond 45 minutes.</p>

INTENSITY LAWS

Let's equate your effort into four category's

Idle – near zero effort.

*****Easy** – moving, rhythmically, with controlled breathing, little muscle sting, and a pace you could seemingly hold for an hour.

Medium – you are now breathing more heavily, you feel your heart beating, and you feel you can hold this effort for about 30-45 minutes.

Hard – your lungs and muscle now sting and you feel uncomfortable.

Employ your '**easier**' more comfortable intensity for most of your aerobic rhythmic activity.

Remember, some people can run or ride for example, at a fast pace but still consider the effort as easy. Their heart rate will also reflect easier work.

Key: If it stings and you're blowing, it's out, for now. A harder effort will promote sugar burning and will typically change the appetite towards carb choices and higher caloric volume.

STRENGTH TRAINING

Style - Alternate between Circuit style (eg. Exercise 1, 1 set, then move to exercise 2, completing the entire set x 3, and the program as written – 3 sets of exercise one, then move to exercise 2.

***Load** – so you are just holding your good form on the final rep of the last set.

#	Exercise	*Load	Sets	Reps	Rest
1	Barbell Push-Up	You	3	15	30 sec
2	Clean Press		3	8	45 sec
3	Standing Barbell Rows/ Bicep curls		3	8/8	45 sec
4	Dumbbell Standing Later Raises		3	10	45 sec
5	Plate Lying Rotations		3	20	30 secs
6	**Rollers		3	8	45 secs
7	Back Extensions or Supermans		3	10/20	45 secs

YOUR RWP SCOREBOARD

Take a pic of your scoreboard at weeks end and text this to Brad Pamp – 0412 487 034.

Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One							
Training (Mins)	e.g. Run 30						
Breakfast	e.g B1						
Lunch							
Strength Sess	✓						
Dinner							
Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Two							
Training (Mins)							
Breakfast							
Lunch							
Training (Mins)							
Dinner							
Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Three							
Training (Mins)							
Breakfast							
Lunch							
Training							
Dinner							
Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Four							
Training (Mins)							
Breakfast							
Lunch							
Training (Mins)							
Dinner							
Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Five							
Training (Mins)							
Breakfast							
Lunch							
Training (Mins)							
Dinner							
Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Six							
Training (Mins)							
Breakfast							
Lunch							
Training (Mins)							
Dinner							
Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Seven							
Training (Mins)							
Breakfast							
Lunch							
Training							
Dinner							

Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Eight							
Training (Mins)							
Breakfast							
Lunch							
Training (Mins)							
Dinner							

Add notes;